



South Dakota Army National Guard

Safety Sense

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JUNE 2020 — National Safety Month

Readiness Through Safety

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Safety is crucial to the Army's readiness. In June 2020, the Army will join the National Safety Council in recognizing National Safety Month. Taking precautions to maintain safety is essential both inside and outside the workplace. This year's Safety Month observance is especially timely because our Nation and our workforce will soon transition from operating under restrictive COVID-19 guidelines and return to more traditional operations. As COVID 19 has shown, we should always be prepared for the unexpected.

This year's multimedia campaign available June on the USARMY Combat Readiness Centers' website (<https://army.mil>),

Will feature four distinct topics: emergency preparedness, driving, ergonomics and building a safety culture. Driving mishaps remain the No. 1 killer of soldiers both on and off duty, while more "invisible" aspects of safety, such as safety culture and ergonomic factors, also play a significant role in day to day operations and risk management.

I am encouraging Army leadership, and all personnel to take an active role in National Safety Month. Safe choices today mean a safer Army tomorrow. Please join me in this effort to enhance safety and Occupational health across the Army enterprise.



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Protecting Your Self form the harmful Rays of the Sun

According to the American Academy of Dermatology, skin cancer is the most common cause of cancer in the United States. They estimate 1-in-5 Americans will develop skin cancer in their lifetime and around 9,500 people in the US are diagnosed daily. Women typically have a higher incidence rate of non-melanoma squamous carcinoma and the overall number of people younger than 40 is also on the rise. Caucasian and men older than 50 have a higher risk of developing melanoma than the general population. While certain populations may have a higher incident rate, skin cancer does not discriminate and affects everyone.

Skin cancer most commonly develops on areas of sun-exposed skin although areas of the body not typically exposed to the sun's rays are also at risk. It is important to watch for signs of possible development in all areas.

An easy way to check for possible signs of skin cancer is the ABCDE method.

- A – asymmetrical, does the mole or spot have an irregular shape with two parts that look very different
- B – Border, is the border irregular or jagged.
- C – Color, is the color uneven.
- D – Diameter, is the mole or spot larger than the size of a pea?
- E – Evolving, has the mole or spot changed during the past few weeks or months

If the answer to any of these screening questions were yes then a check up with a medical professional would be encouraged

A simple way to protect yourself from the hazards of the sun while enjoying the outdoors is sunscreen. Choosing the right protection can seem overwhelming as you stand in the isle facing all the different options. One common factor they all share is SPF ratings. What does the number mean? SPF stands for sun protection factor and tells you how long the sun's UVB rays would take to redden your skin the same as without applying sunscreen. For example, SPF 30 takes 30 times longer to burn your skin to the equivalent if you used no sunscreen. Reapplying sunscreen is required, no matter the SPF rating, every two hours or immediately after swimming or sweating.

Things to consider when choosing sun screen is making sure it is broad spectrum, this offer protection against UVA rays as well as the standard UVB rays. SPF 15 is adequate for everyday occasional exposure but SPF 30 or higher is recommended for extended outdoor activities. SPF 30 allows for 3% of the sun's rays to reach your skin vs SPF 50 reduces that number to 2%. No sunscreens are water resistant. This means that with swimming or intense exercise sunscreen must be reapplied per the bottle recommendations. Typically every 40 or 80 minutes, make sure to verify with the instructions listed on the product.

A couple common misconceptions is cloudy or cool days, to include winter months. On cloudy days when you may not be in direct sunlight, about 80% of the sun's damaging rays will still reach the earth. Also, remember that sunburns are not as a typical burn caused by a direct heat source but by the harsh rays from the sun. During the winter, it is possible to get sunburnt from not only the sun but also the reflection off the snow-covered surfaces.

Motor Cycle Safety Course

Motor cycle education classes are now being offered at select sites across the State. If a location near you is not available, please check back periodically as we are hopeful more sites will open as controls related to COVID -19 are relaxed. We appreciate you patients during this time

Please remember that when you take the rider education class the safety office will reimburse all National Guard Members the cost of the course. All that is need is a course completion certificate provided to the Safety office and we will pay the bill, we will also provide you with a reflective vest.